

Student's Name \_\_\_\_\_

**Directions:** Evaluate the trainee using the rating scale below and check the appropriate number to indicate the degree of competency achieved. The numerical ratings of 3, 2, 1, and 0 are not intended to represent the traditional school grading system of A, B, C, D, and F. The descriptions associated with each of the numbers focus on level of student performance for each of the tasks listed below.

**Rating Scale:**

- 0 - No Exposure** - no information nor practice provided during training program, complete training required.
- 1 - Exposure Only** - general information provided with no practice time, close supervision needed and additional training required.
- 2 - Moderately Skilled** - has performed independently during training program, limited additional training may be required.
- 3 - Skilled** - can perform independently with no additional training.

1. Number of Competencies Evaluated \_\_\_\_\_

2. Number of Competencies Rated 2 or 3 \_\_\_\_\_

3. Percent of Competencies Attained (2/1) \_\_\_\_\_

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Instructor Signature

\_\_\_\_\_  
Date

#### 01.0 Role and responsibilities of the Sports Medicine Team

The student will be able to:

0 1 2 3

- |   |       |   |
|---|-------|---|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 01.01 | Identify and describe the role of each member of an athletic program's Sports Medicine Team |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 01.02 | Describe athletic training  |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 01.03 | Identify the many career settings within sports medicine and athletic training              |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 01.04 | Practice in accordance to legal and ethical guidelines                                      |

#### 02.0 Appropriate emergency and non-emergency procedures

The student will be able to:

0 1 2 3

- |   |       |   |
|---|-------|---|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02.01 | Perform an initial assessment of an injured athlete |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02.02 | Demonstrate stabilization of sports injury          |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02.03 | Perform universal precautions                       |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 02.04 | Demonstrate taping and wrapping of sports injury    |

#### 03.0 Knowledge of anatomy and physiology

The student will be able to:

0 1 2 3

- |   |       |   |
|---|-------|---|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03.01 | Identify and define the medical terms used in sports injuries                           |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03.02 | Explain the structure and function of the skeletal system and relate to athletic injury |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03.03 | Explain the structure and function of the muscular system and relate to athletic injury |

0 1 2 3

- |   |       |  |
|---|-------|--|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03.04 | Explain the structure and function of the nervous system and relate to athletic injury     |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03.05 | Explain the structure and function of circulatory system and relate to athletic injury     |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 03.06 | Explain the structure and function of the respiratory system and relate to athletic injury |

#### 04.0 Steps of an injury evaluation

The student will be able to:

0 1 2 3

- |   |       |   |
|---|-------|---|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04.01 | Recognize sports injuries                       |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04.02 | Demonstrate the steps of an injury evaluation   |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 04.03 | Participate in exercises to practice evaluation |

#### 05.0 Use of equipment and modalities according to the principles of rehabilitation

The student will be able to:

0 1 2 3

- |   |       |   |
|---|-------|---|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05.01 | Demonstrate the use of equipment          |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 05.02 | Demonstrate the application of modalities |

#### 06.0 Injury and disease prevention

The student will be able to:

0 1 2 3

- |   |       |   |
|---|-------|---|
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06.01 | Describe methods of injury prevention                                       |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | 06.02 | Discuss various diseases relative to sports including necessary precautions |

0 1 2 3

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06.03 Explain and demonstrate the use of protective equipment

**07.0 Principles of conditioning and fitness**

The student will be able to:

0 1 2 3

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07.01 Explain the body's response to conditioning

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07.02 Explain the difference between terms used in conditioning and fitness

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07.03 Explain the importance of nutrition in sports performance